

# The High Price of Excessive Alcohol Consumption

*This program is presented by the Centers for Disease Control and Prevention.*

We knew that drinking too much alcohol was dangerous, but now we know it hurts our wallets, as well. Excessive drinking affects us all through losses in workplace productivity, motor vehicle crashes, healthcare expenses, and additional strain on the criminal justice system. According to a new study released by the Lewin Group and CDC, in 2006, the cost of excessive alcohol consumption in the United States was \$223.5 billion. That's about \$1.90 per drink or \$746 per person. Most of these costs were due to binge drinking, defined as consuming four or more alcoholic beverages per occasion for women or five or more drinks per occasion for men.

Fortunately, there are many effective strategies that communities can use to prevent excessive alcohol consumption. These include increasing the price of alcohol, reducing alcohol outlet density, and reducing the days and hours when alcohol is sold. For more information on the prevention of excessive drinking, visit [www.cdc.gov/alcohol](http://www.cdc.gov/alcohol).

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*